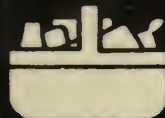


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CONSUMER TIPS > >

GENERAL RULES

(Information from the Food & Drug Administration)

1. No laxatives should be used regularly or frequently or over long period of time. Interfere with normal digestion, and may result in injured intestines.
2. No laxative should be taken in presence of pain in stomach, or abdomen, nausea or vomiting. Such symptoms may indicate serious illness, such as acute appendicitis. Use of laxatives in appendicitis has serious results.
3. The stronger the laxative the harder it is on the intestines. Preferable to use mild laxatives.

(over)

KINDS OF LAXATIVES

1. Mineral oil - mild, not absorbed by body, has no irritating effect on intestines. Buy cheapest brand of mineral oil with U.S.P. on label.
2. Mineral oil and agar emulsions - more palatable but more expensive than plain mineral oil.
3. Cascara Sagrada - fluid extract is cheaper to use than aromatic or tablet preparations, but more bitter. Be sure you get Cascara Sagrada, not something that sounds like it.
4. Milk of magnesia - all brands about same quality. Buy cheapest kind that has U.S.P. on label.
5. Castor oil - especially dangerous in case of stomach pain.

CONSUMERS' COUNSEL DIVISION
U. S. DEPARTMENT OF AGRICULTURE
WASHINGTON, D. C.

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